

The Bulldog

Spring 2023 v.1

Tibor Rubin VA Medical Center Health Education Classes Catalog



Public Domain Accessed 3.12.2023

COVID-19 Key Information pg. [3](#)

Get Connected with Whole Health pg. [5](#) and the
Creative Arts and Humanities Programs pg. [22](#)

Scan QR code for the latest version of the Bulldog!



COVID-19
updated
booster shots
available!
562-826-5151



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- ✓ For **additions or changes** to the Bulldog, contact: sonika.ung@va.gov
- ✓ Not all services are listed in the Bulldog. Please ask your healthcare providers if they offer any additional services.

COVID-19 Key Information

- Call **562-826-5151** 7:30 AM-7:00 PM to schedule COVID-19 booster.
- For **COVID-19 updates**, call **562-826-8000** and **Press 9**.
- For **COVID-19 testing information** please call **562-826-5151**

COVID-19 BOOSTERS

Available to enrolled Veterans, spouses, caregivers and beneficiaries aged 18 and older. VA offers Moderna.

Updated COVID-19 boosters available now at VA Long Beach HCS! Boosters protect from the original COVID-19 virus **and** newer variants. Walk-in to the Vaccination Center at Long Beach to get boosted!

- **When is a booster needed?** At least two months after completing COVID-19 vaccination (Two doses of Moderna, Pfizer, or Novavax. One dose Johnson & Johnson/Janssen) **or** at least two months after last booster.

Veteran COVID-19 Testing

- With **no** COVID-19 symptoms: By appointment only call 562-826-5151.
- **With COVID-19 symptoms** and **not** wanting to see a provider: walk-up for testing, no appointment needed.
- **With COVID-19 symptoms and needing medical attention:** go to Emergency Department. Do **not** use walk-up testing tent.
- **Walk-Up Testing Tent location:** Tent 3 in front of Emergency Department, open Monday – Saturday 8:00 AM 3:15 PM. Closed holidays.



- **COVID Coach** - free app for more resources!
<https://www.ptsd.va.gov/appvid/mobile/index.asp>



- **Want answers about COVID and VA resources?**
Ask our chatbot: <https://www.va.gov/coronavirus-chatbot/>



- **Not sure about getting the vaccine?** See page [25](#).



Lab now located in lobby of Bldg. 126 **Hours:** 6:00 AM to 4:30 PM

Virtual Resources



VA Long Beach VIP Experience:
Health and Wellness Resource Center
valongbeach.healthclips.com/



Patient Advocate Have a compliment, suggestion, or complaint? Scan the QR code **or** email: VHALONPatientAdvocateOffice@va.gov



Myhealthvet

- Refill prescriptions, view appointments, secure email providers, and view health records!
- www.myhealth.va.gov/mhv-portal-web/home
- Ask your provider for Myhealthvet Premium **or** enroll with IDme.com or DS Logon
How to Video:
www.youtube.com/watch?v=87dt_z8LeRM)



VA Video Connect

- Video appointments with VA providers on any device with internet mobile.va.gov/app/va-video-connect
- 24/7 Help Desk **(866) 651-3180**
- Video with Tips for VA Video Connect:
www.youtube.com/watch?v=edQ8XuU87D0&feature=youtu.be

Our Patients Are Important

We want to improve, and you can help.

You may receive a survey asking you about your visit.

Please complete the survey. We will use your feedback to make improvements





1. Introduction to Whole Health

2nd Monday of the month

10:30 AM – 12:00 PM

In- person: Tibor Rubin VAMC

4th Tuesday of the month

9:00-10:30 AM (virtual)

1st Wednesday of the month

2:30 – 4:00 PM

In- person: Tibor Rubin VAMC

4th Wednesday of the month

1:00- 2:30 PM

In person: Placentia CBOC

3rd Thursday of the month

1:00-2:30 PM (virtual)

Learn more about VA's Whole Health approach to Veteran care and how you can get started on your Whole Health journey at VA Long Beach.



Check out the free [Live Whole Health App](https://mobile.va.gov/app/live-whole-health)
<https://mobile.va.gov/app/live-whole-health>

2. Individual Whole Health Coaching

Date/time varies

Virtual or in-person at Tibor Rubin VAMC, Placentia CBOC

What matters most to you?

Develop a Personalized Health Inventory with a Whole Health Coach and enter the pathway to a healthier you.

3. Taking Charge of My Life and Health

Mondays 1:00 – 2:00 PM (virtual)

Tuesdays 12:30- 1:30 PM (in-person/virtual, Placentia CBOC)

Thursdays 10:30 - 11:30 AM (in-person/virtual, Placentia CBOC)

Thursdays 12:30 – 1:30 (Women only, virtual)

A 9-week group focused on exploring what matters most to you in your life, setting goals, and developing a personal health plan to achieve your goals.

To enroll: contact Whole Health 562-826-8000 at ext. 1-3210 or ask a provider to place a Whole Health Coaching consult.



4. THRIVE Group

Women's only group Wednesdays
from 10:00 AM – 12:00 PM
Men's only group Thursdays from
10:00 AM-12:00 PM
Virtual

A 14-week group for Veterans
utilizing a holistic approach to
health and well-being, including
instruction, creative arts activities,
community building, and group
support.

5. Whole Health On-Call Education

Monday – Friday 8:30 AM – 4:00 PM
In-person, same-day services
Veterans Resource Center
Building 165, Room C-126

Whole Health Coach is available to
provide same-day education on
Whole Health and connect them
with resources

6. Gateway to Healthy Living

1st Thursday of every month, 10:00-
11:30 AM
To enroll: call Dr. Ung 562-269-9488
or call in! 1-404-397-1596
Entry Code: 1991681871##

Restarting 5/4/2023! Gateway
focuses on what is most important
to you. It gives you skills to manage
roadblocks, change routines,
commit to changes, and create
realistic goals.

To self-enroll in Whole Health: contact Whole Health 562-826-8000 at ext.
1-3210 or ask a provider to place a Whole Health Coaching consult.

Yoga



7. Yoga

- Mondays 8:30 AM (virtual)
- Tuesdays 3:00 PM
In- person Tibor Rubin VAMC
- Wednesdays 3:00 PM, 4:15 PM
(virtual)
- Thursdays 3:00 (virtual)
- Fridays 9:00 AM (virtual)

A 60-minute class for Veterans
wanting to learn and practice
gentle yoga.

To enroll request consult from
Primary Care team.

8. Virtual Healthy Teaching Kitchen

To enroll: Call Nutrition Dept. at 562-826-8000 ext. 1-2045

Point of Contact: Kristen Wood, MS, RD

VA Video Connect

Join us for a VA Video Connect hands-on cooking class! Increase your skills in the kitchen while learning to making healthy meals. Women-only cohorts available.

9. Free Healthy Recipes from VA Healthy Teaching Kitchen

<https://www.nutrition.va.gov/Recipes.asp>

Visit the [Healthy Teaching Kitchen YouTube Channel](#) for video recipes.

Weight Management



10. MOVE! Weight Management – Introduction

Dates and times vary

To enroll: call (562) 826-8000 ext. 1-6571

VA Video Connect

For Veterans wanting to lose weight.

This class is required before the 7-week program listed below.

11. MOVE! Weight Management Class

Dates and times vary, one class per week, 7-weeks

To enroll: call 562-826-8000 extension 1-6571

VA Video Connect

For Veterans wanting to lose weight.

Please take Move! Weight Management-Introduction before enrolling in this class.



[MOVE! Coach](#)
[Free VA App](#)

<https://www.move.va.gov/movecoach.asp>

12. Living Low Carb Class

First two Mondays of the month at 2:00 PM, one-hour sessions*

To enroll (**required**): contact Maxine Dillard at 562-826-8000 ext. 1-4303
VA Video Connect

For healthier eating habits, weight loss or to lower blood sugar and triglycerides. Learn to identify and count carbs and use better choices for high carb items. Taught by a Diabetes Nurse Practitioner.

13. Pre-Diabetes/Diabetes Prevention Class

Last two Mondays of the month at 2:00 PM, one-hour sessions*

To enroll (**required**): contact Maxine Dillard at 562-826-8000 ext. 1-4303
VA Video Connect

For Veterans with Pre-Diabetes. Includes your diabetes related blood tests and proven ways to prevent or at least **delay** getting Type 2 Diabetes. Taught by a Diabetes Nurse Practitioner.

14. Diabetes Basic Training Class

First four Tuesdays of the month at 2:00 PM, one-hour sessions*

To enroll (**required**): contact Maxine Dillard at 562-826-8000 ext. 1-4303
VA Video Connect

For Veterans with Diabetes. Includes your diabetes related blood tests, what to eat, when to move, and how to take pills and insulin to lower your sugar. Taught by a Diabetes Nurse Practitioner.

15. Diabetes Wellness Group

Mondays 11:00-12:00 PM, 6 weeks

To enroll: Ask provider for consult **or** call Dr. Sonika Ung at 562-269-9488.

VA Video Connect

Managing difficulty with motivation for lifestyle changes, and distress that is common among people who have diabetes.

Now that this class is virtual, Veterans from **any** VA Long Beach location can enroll!

*dates may vary due to holidays, etc.



16. Home Telehealth

Dates/times vary

To enroll: ask for Primary Care team

Accessible with phone **or** internet

From the comfort of your home, check blood pressure, blood sugar, or weight and send in your information. Receive support and information to help you manage your health in real time!

Sleep



Sleep Well

17. Sleep Education Class

- **1st Monday** 10:30 – 12:00 PM
- **1st Tuesday** 1:00 - 2:30 PM
- **2nd Tuesday** 9:00 – 10:30 AM
- **3rd Friday** 1:00 - 2:30 PM

To enroll: Ask your provider for a consult

VA Video Connect

A 90-minute class for Veterans wanting to learn ways to improve their sleep.

This class is **required** before enrolling in Cognitive Behavior Therapy for Insomnia (CBT-I).



[Check out the free
Insomnia Coach app!](https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp)

[https://www.ptsd.va.gov/appvid/
mobile/insomnia_coach.asp](https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp)

18. Cognitive Behavior Therapy for Insomnia (CBT-I)

Dates/times of group appointments vary

To enroll: By consult only. Please contact your provider.

VA Video Connect

Sleep Education Class (above) is **required** before enrolling. This is a 6-week group therapy to manage insomnia.



[Use the free CBT-I Coach
App in this class!](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)

[https://www.ptsd.va.gov/appvid/
mobile/cbticoach_app_public.asp](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)



19. Vascular Risk Factors & Cognition: An Educational Class for Veterans

Wednesday 4/26/2023 from
9:00am-10:30am (Virtual)
Monday 5/22/2023 from 1:00pm-
2:30pm (Bldg 128, room C202)
To enroll: Call Dr. Forster 562-826-
8000 ext. 1-3657

Are you a Veteran age 50 or
younger with high blood pressure,
high cholesterol, sleep apnea,
diabetes, or substance use? Learn
about the impact of heart health
on cognition as we age in this one-
time class!

Pain / Chronic Pain



Be Involved In
Your Health Care

20. Chronic Pain Management Class

1st and 3rd Wednesday from
9:00 – 11:00 AM
To enroll: Call Dr. Caroline
Prouvost (714) 434-4666
VA Video Connect

A two-part class for Veterans
wanting to better manage their
pain.

Quitting Tobacco



Be Tobacco Free

21. Quitting Tobacco by Phone, Text, and Online

smokefree.gov

Quit VET

Smokefree for
Veterans

Tips to Quit

Visit for information on how to quit and staying quit.

A toll-free telephone smoking Quitline: **1-855-784-8838**

Text VET to 47848 from mobile phone

www.publichealth.va.gov/smoking



[Stay Quit Coach
Free VA App](https://mobile.va.gov/app/stay-quit-coach)



[QuitGuide
Free App](https://smokefree.gov/tools-tips/apps/quitguide)



[quitSTART
Free App](https://smokefree.gov/tools-tips/apps/quitstart)

<https://mobile.va.gov/app/stay-quit-coach>

<https://smokefree.gov/tools-tips/apps/quitguide>

<https://smokefree.gov/tools-tips/apps/quitstart>



22. Stress Management & Relaxation Group

Tuesdays 9:30 – 11:00 AM

Wednesdays 11:00-12:30

To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488

VA Video Connect

6- weeks long. For Veterans seeking ideas and help with stress management and relaxation. Now that we are virtual, Veterans from **any** VA Long Beach location can enroll!



[Check out the free Mindfulness Coach App!](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

23. Mantram Repetition for Rapid Relaxation (Long Beach)

Tuesdays(times vary)

To enroll: Ask provider to place a consult (location: Primary Care → PC Behavioral Health → Mantram Repetition for Relaxation)

6-weeks long. For Veterans to learn a technique to calm the mind, reduce unwanted emotions.

For more information call Gina DeOcampo, RN CCM 562-826-5527

24. Mantram Repetition for Rapid Relaxation (Santa Ana CBOC)

Tuesdays 3:00 – 4:00 PM

Dates vary

To enroll: call Dr. Messinides (562) 826-8000 ext. 13218

VA Video Connect

7-weeks long. For Veterans to learn a technique to calm the mind and handle stressful situations better.

While virtual, Veterans from **any** VA Long Beach location can enroll!



25. Grief Support Group

1st and 3rd Thursdays
11:00 – 12:00 PM
To enroll: call Dr. Savana Krysiak
928-830-8811
VA Video Connect

For Veterans who have experienced loss of a loved one by helping Veterans find healthy ways to honor and incorporate grief in their lives.

26. Drop-In Mindfulness Group

2nd and 4th Thursdays
11:00 – 12:00 PM
To enroll: call Dr. Savana Krysiak
928-830-8811
VA Video Connect

Learn sitting meditation techniques to help relieve stress, anxiety, depression, and/or pain.



[Mindfulness Coach App](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

27. BHIP Mindfulness-Based Stress Reduction Group

Fridays 8:00 – 10:50 AM, 10 weeks long, 1 all day session
To enroll: ask your Mental Health Provider to place a BHIP Psychotherapy Consult for “BHIP MBSR group with Dr. Fayazmanesh”
VA Video Connect

For Veterans currently in treatment in the Outpatient Mental Health Clinic **only**. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.

28. Race-Based Stress/Trauma & Empowerment Group (RBSTE)

Tuesdays 3:00 – 4:30 PM, 10-session series, start dates vary
To enroll: ask your mental health provider to add Burgess Brown, Peer Support Supervisor to their note
VA Video Connect

Veterans who identify as BIPOC (Black, Indigenous, and People of Color) and who are interested in addressing issues of race-based stress, trauma, resilience, and empowerment.



29. Mental Health Pathways Recovery Center

Monday-Friday 09:00 AM - 3:00 PM
Bldg. 128, Room L209
To enroll: Ask your provider for a consult
Call 562-826-8000 ext. 1-5602 for more information

Specialty Program for Veterans with Serious Mental Illness. Individual counseling and 21 groups are offered weekly. Most Veterans attend 3-5 days per week, but time spent varies.



App that helps share your treatment preferences during a mental health crisis <https://smiadviser.org/getapp>

30. Coping Skills Bridge Group

Tuesdays 10:00 AM, 12 weeks
To enroll: Healthcare provider add Dr. Wesley Cook to note
In-person, masks required: Bldg. 128, 2nd floor, J-218

For Veterans who could benefit from coping skills in a supportive group therapy setting while awaiting mental health consult appointments.

Posttraumatic Stress Resources

31. PTSD Program for Combat Trauma

Dates and times Vary
To enroll: Veterans may ask for a referral by their provider to the Combat PTSD Team.

Each program offers many different groups, including some that are late afternoon, on topics that help Veterans address combat related trauma reactions.

32. Women's Combat Support Group

Mondays 4:30 PM – 6:00 PM
To enroll: Ask your provider to add Dr. Jessica Naughton as cosigner.
VA Video Connect

A group for women Veterans with combat-related stressors to
1) Give and receive support 2) Proactively cope with stress and transition back to the civilian world.

Posttraumatic Stress Resources (continued)

33. Combat Medics Group

Tuesdays 11:00 - 12:00 PM
To enroll: Contact Dr. Larry Albers
at ext. 1-2150
VA Video Connect

A support group for all military
medical personnel.

34. PTSD Mindfulness-Based Stress Reduction Group

Fridays 1:00 – 3:50 PM, 10 weeks
long, 1 all day session
To enroll: ask Combat PTSD to
place a BHIP Psychotherapy
Consult for “PTSD MBSR group with
Dr. Fayazmanesh
VA Video Connect

For patients currently in treatment
in the Combat PTSD Program in
Mental Health **only**. MBSR is an
intensive, experiential introduction
to mindfulness meditation. Requires
a commitment to daily 45–60-
minute practice.

35. Cognitive Processing Therapy Trauma Group

Tuesdays 8:30 AM – 10:00 AM
To enroll: Ask provider to add Dr.
Juliet Hung as cosigner (do **not**
place “San Psychology” consult.)
Cisco Webex Video platform

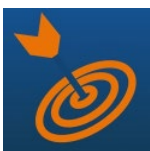
For Veterans currently enrolled at
the Santa Ana CBOC **only**. Veteran
will need to be screened first by
the group provider.

Virtual Resources for Posttraumatic Stress



[PTSD Coach](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp



[AIMS for Anger Management](https://www.ptsd.va.gov/appvid/mobile/aims_app.asp)

https://www.ptsd.va.gov/appvid/mobile/aims_app.asp



[PTSD Family Coach](https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp



[Beyond MST](https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp)

<https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp>



36. Substance Abuse Cognitive Behavior Therapy-Overcoming Your Alcohol or Drug Problem

Fridays 10:30 – 11:30 AM

To enroll: Call Emma Martin, RN or
Ricardo Restrepo-Guzman, MD
(562) 826-8000 ext.1-4344 or
ext.1-4881

Learn strategies to manage
cravings and thoughts of using.
Develop ways to cope with stress
and reduce risk of relapse. Improve
communication and assertiveness.
Increase social support

37. Harm Reduction Group

Mondays 9:00-10:00 AM

To enroll: Call Sandra Greenman
(562) 713-9725
VA Video Connect **or** In-person

Thursdays 10:00 – 11:00 am

To enroll: Call Randy Young
(562) 826-8000 ext.1-4338
VA Video Connect

For Veterans who want to learn
skills to reduce or quit drinking or
other substance use

38. Alcoholics Anonymous

Tuesdays, 7:30pm

To enroll: Call Substance Use
Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

For Veterans and community
members. No referral or
appointment needed.

39. Narcotics Anonymous

Thursdays, 7:30pm

To enroll: Call Substance Use
Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

For Veterans and community
members. No referral or
appointment needed.

40. Attitude Adjustment and Patients in Recovery

To enroll: Call Substance Use Treatment Program (SATP)
(562) 826-8000 ext. 1-5610



41. Buprenorphine Group

Tuesdays, 2:00 - 3:00 PM and
Thursdays, 5:00 - 6:00 PM
To enroll: call Theodore
Jones/Emma Martin RN ext. 1-4881

All patients on Suboxone
maintenance.

Free Self-Help Resources for Substance Use



VetChange:

https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp

Veterans Health Library: <https://www.veteranshealthlibrary.va.gov>

National Institute on Alcohol Abuse and Alcoholism (NIAAA):

<https://www.niaaa.nih.gov/alcohol-health>

VHA National Center for PTSD

https://www.ptsd.va.gov/understand/related/problem_alcohol_use.asp

Women's Mental Health Clinic



Be Involved In
Your Health Care

42. The Women's Mental Health Clinic (WMHC) offers gender-specific, sensitive care. Individual and group services available.

Veterans can be connected to WMHC by the Urgent Mental Health Clinic or with a consult from their provider or prescriber.

Groups Include:

- Healthy Relationships
- Happiness & HOPE
- Mind Freedom
- Managing Emotions
- Skills Training in Affective & Interpersonal Regulation (STAIR)
- Trauma Skills
- Race & Resilience



Inner City Law Center is legal partners with the **Women's Mental Health Clinic** and can provide additional services: <https://innercitylaw.org/>

Intimate Partner Violence (IPV) Assistance Program



43. Strength at Home

Dates/times vary, 12-weeks

To enroll: contact Danielle Daniels
562-632-2620

VA Video Connect

Designed to help male Veterans and service members of any conflict era improve their anger management skills and prevent arguments and conflict in intimate relationships.

44. Crisis Drop-In Group for Individuals who Experience IPV

Women: Tuesdays 1:00 – 3:00 PM

Men: Thursdays 1:00 – 3:00 PM

To enroll: contact Danielle Daniels
562-632-2620

VA Video Connect

Our mission is to implement a comprehensive person centered, recovery-oriented assistance program for Veterans, their families and Caregivers and VHA employees who use or experience intimate partner violence.

For more information about IPV:

Visit <https://www.longbeach.va.gov/services/ipvap.asp>

Call IPVAP Coordinator: Danielle Daniels, MPA, LCSW, (562) 632-2620

National and Local IPV Resources

National Domestic Violence Hotline 1-800-799-SAFE (7233)

24/7 confidential support, local referrals, safety planning, housing options, & legal resources.

National Sexual Assault Hotline 1-800-656-HOPE (4673)

National Center for PTSD 802-296-6300 <https://www.ptsd.va.gov/>

VA Mental Health 800-273-8255 <https://www.mentalhealth.va.gov/>

Women's Health 855-VA-WOMEN <https://www.womenshealth.va.gov/>

LA County Domestic Violence Hotline 1-800-978-3600

LA County Human Services Hotline Dial "211" (24/7, bilingual)

Women's Shelter of Long Beach Hotline: 1-562-437-HOME (4663)



45. Women Owning Wellness

Tuesdays 1:00-2:30 PM
12-week program
Building 46, Child Development
Center – North

Improve your physical & mental well-being in an all-Female group class, learning via group discussions, Tai-Chi, Physical Activity, & Mindfulness.

To enroll: Ask your provider to place a "PM&R Kinesiotherapy Women Owning Wellness Consult"
For more information, please call Gladys Yu at 562-966-2875

Memory and Concentration Skills

46. Virtual Cognitive Education Class for Aging Veterans

Select Mondays, 1:00-3:00 PM
3-part series for aging Veterans.

To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716
Connect virtually or dial in

Learn ways to improve memory, concentration, and organizational abilities. Learn how to keep your brain healthy as you age and reduce risk factors for cognitive impairment.

47. Virtual GEM Dementia Education Group

Select Mondays from
10:30 –12:30 PM,
4-part series for dementia caregivers

To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716
Connect virtually or dial in

Educational series led by geriatrician, psychologist, social worker, and nurse. Topics include the medical care of dementia, hygiene, safety tips, behavioral management, communication, caregiver burden, resource utilization, and future planning.

Memory and Concentration Skills (Continued)

48. Virtual Dementia Support Group

Fridays Bi-monthly

1:00 - 2:00 PM

To enroll contact Andrea Dawkins,
LCSW at (562) 826-8000 ext. 15735

Cisco Webex Video Platform

Caring for a loved one with dementia can be a lonely and painful process. This is a safe place for caregivers to support each other and learn more about resources and interventions.

49. Parkinson's Disease Support Group

Every other Friday 1:00-2:30

To enroll: Dr. Megan Gomez, Staff
Psychologist 562-706-0740

VA Video Connect

Group is open to Veterans w/ Parkinson's and family caregivers. Learn about the invisible symptoms of Parkinson's: sleep problems, pain, fatigue, sexual changes, cognitive changes, depression, anxiety, apathy, and more. Connect with other Veterans and families dealing with similar issues.

Speech Pathology



**Be Involved In
Your Health Care**

50. Stroke Support Group

Wednesdays 10:00-11:00 AM

To enroll: Ask provider for Speech
Pathology consult. For more info

call 562-826-8000 ext. 1-3280

VA Video Connect

Weekly support group for Veterans recovering from stroke.

51. Lee Silverman Voice Treatment Maintenance Group

Held monthly, time/dates vary.

Ask your provider for a referral to
Speech Pathology. For more info:

Call (562) 826-5415

VA Video Connect

A monthly maintenance group for those who have completed the LSVT LOUD Program.



Resources for Caregivers enrolled in the Caregiver Support Program

52. Caregiver Support Group

Thursdays from 2pm-3pm (drop-in)
For more information or to enroll:
Kristy Kleiman 562-583-5558
Virtual

Provides an opportunity for Caregivers to share their experiences and offer support to each other.
Begins 4/6/2023

53. REACH VA Individual Coaching Program for Caregivers of Veteran Loved ones with ALS, Dementia, MS, PTSD, SCID for All Eras

Dates & times vary
60-minute coaching sessions
For more information or to enroll:
Contact Kristy Kleiman
562-583-5558

Resources for Enhancing All Caregivers Health. Individual coaching for Caregiver such as problem solving, self-care, stress management, and positive thinking.

54. Caregiver Health and Well-Being Coaching

Dates & times vary
90-minute individual coaching for
For more information or to enroll:
Contact Kristy Kleiman 562-583-5558

Implement a plan to enhance your overall physical, emotional, and mental health using the Circle of Health.

55. Mindfulness Group

Wednesdays 10:30-11:00 AM
For more information or to enroll:
Erin McCuan 562-837-5338
Virtual

Drop-in group that promotes Caregiver well-being through mindfulness, breathing, and self-care strategies for everyday life.

56. Caregivers FIRST

Dates & times vary
For more information or to enroll:
Contact Kristy Kleiman 562-583-5558

A 4-session, 90 minute structured support group covering VA Resources and Support available, self-care, support seeking skills and strategies for Caregiving.

VA National Resources

Healthcare Resources

[VHA LGBTQ+ Health Program - Patient Care Services \(va.gov\)](https://www.patientcare.va.gov/LGBT/index.asp)
<https://www.patientcare.va.gov/LGBT/index.asp>

Mental Health Care Resources

[LGBTQ+ Veterans: Veteran Resources - Mental Health \(va.gov\)](https://www.mentalhealth.va.gov/lgbtq-plus/resources.asp)
<https://www.mentalhealth.va.gov/lgbtq-plus/resources.asp>

Vocational Rehabilitation



Manage Stress

57. Woodworking

Monday-Friday 8:00 AM-12:00 PM,
1:00 - 3:00 PM
To enroll: Ask for a referral to "Voc
Rehab Therapeutic Services"
For more information, please call
Jose Coronado 562-826-5588

Learn basic woodworking skills in a
therapeutic group setting.
Availability of dates and times may
vary.

58. Garden

Monday-Friday 8:00 AM - 12:00 PM
To enroll: Ask for a referral to "Voc
Rehab Therapeutic Services"
For more information, please call
Scot Moon 562-826-8000, ext. 1-3166.

Learn gardening skills and
knowledge while helping to
maintain our Patients' Garden in a
therapeutic group setting.



59. Story Corps

Dates/times vary

To enroll: contact Amber Espinoza at 562-826-8000 ext. 1-3210 **or** ask your provider to place a consult for "Story Corps-VCAW"

Virtual - Group and Individual
Requires a computer with WiFi

90 minutes. Share stories (writing, photography, video, etc.) with fellow Veterans and create a story about a "challenge" from your life that may help others.

60. Operation Art

Date/Time TBD

To enroll: contact Amber Espinoza at 562-826-8000 ext. 1-3210 **or** ask your provider to place a consult for "Operation Art-Virtual"

Virtual and/or socially distanced

For all Long Beach Veterans interested in exploring their creative side through the arts, utilizing different mediums, and finding connections through creating together.

61. Veterans Digital Photography Program

Wednesdays and Fridays 3:00 PM

To enroll: contact Linda Hicks, hickslin@yahoo.com

Virtual

For all Long Beach Veterans interested in Photography.

Presentations and workshops
"Seeing the World Creatively".

62. Women Veterans Mobile Phone Photography Club

Tuesdays and Wednesdays 10:00 AM

To sign up contact Terry Soliz at womenveteransphotoclub@gmail.com

Virtual

"Good photographers can take beautiful images. A great photographer can tell a story with an image."



Peer Support and Social Group Resources

63. Group Coffee Talk

Tuesdays 09:00 – 10:00 AM

90 minutes

To enroll: contact Marilse Palma

Marilse.Palma@va.gov

562-335-8983

VA Video Connect

A co-ed self- motivation group to cultivate a positive mindset, build optimism and resilience in a supportive atmosphere.

64. Veterans Social Group

Fridays 10:00 – 11:00 AM

To enroll: contact Wayne Hansen
at (562) 578-2274

VA Video Connect

For Veterans that would like to connect and socialize with other Veterans

65. Women's Book Club

3rd Tuesday at 2:00 PM

To enroll: contact

Jeanine.McGuinness@VA.gov or

562-355-5445

For Veterans to connect and share some inspiring stories. Fun, friendship & refreshments included. Books provided.

66. Intro to Mindfulness Meditation

Thursdays at 1:00 PM

To enroll: contact Burgess Brown
562-713-5829

burgess.brown@va.gov

Virtual Only

The course is designed to provide an overview of the fundamentals, principles, and practice of mindfulness and meditation. The overall objective is to find ways to live a happier, be more present, more mindful and live a peaceful life.

Additional Resources

Veterans Benefits

67. VA Disability Compensation and Pension Benefits Seminar

<https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=mf51856d829538ccff0f860541bc90a3c>

Meeting number (access code):
2762 041 8530
Meeting password: RQa4hpc8a*2

Join on the **4th Monday of the month** via WebEx to learn more about VA Disability Compensation and Pension Benefits. Anyone is welcome to join. Join in via phone or video.

College Support Resources

68. College Connection Study Skills Workshop

To enroll: Ask your provider for a referral to Speech Pathology for College Connection.
Call (562) 826-8000 ext. 1-5415 for more information

A series of classes that teach the study skills needed to succeed in college: reading, note-taking, time management, essay writing, studying, and test taking

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.



Veterans Voice Council

To become a member:
email darrholgsr@aol.com
or
Call Volunteer Services at
(562) 826-8000 ext. 1-5715
www.vvclb.org

A voice for all Veterans. Become a member. We partner with PVA, Community Living Center, P.I.E.R., Suicide Prevention and VA Patient Care.

Additional Resources

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.



US VET CONNECT Veterans Outdoors Resource Hub:

Over 190 Unique Veterans Organizations Providing Hundreds of Outdoor Adventures.

www.usvetconnect.com



Strong Families, Strong Children supports Orange County veteran and military children and families.

<https://ocstrongfamilies.org/>



The Orange County Veterans & Military Families Collaborative

connects Veterans, active duty, reserves, and military family members to quality resources within Orange County.

<https://www.ocvmfc.info/>



Legal Aid Foundation of Los Angeles seeks to achieve equal justice for people living in poverty across Greater LA through direct representation, systems change, and community education.

<https://lafla.org/>



Inner City Law Center fights for housing and justice for low-income tenants, working-poor families, immigrants, people who are disabled or living with HIV/AIDS, and homeless Veterans.

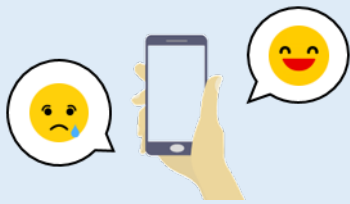
Legal partners with the **Women's Mental Health Clinic**

<https://innercitylaw.org/>



Stateside Legal provides resources to understand and protect rights for people with military experience. www.statesidelegal.org

Coping with Stress During COVID-19



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family by email, phone, and text.

Maintain a healthy lifestyle - including proper diet, sleep, and exercise.



Do **not** use smoking, alcohol or other drugs to numb your emotions. If you feel overwhelmed, contact your VA providers.

Have a plan for how to seek help:



Call your
Provider(s)



Emergency
Department

Urgent Mental
Health Clinic
Bldg. 2, Rm. N159
Mon – Fri
7:00 AM - 5:00 PM

Get the facts so you can be safe without overthinking it:
[CDC](#), [VA's FAQ's](#), and/or [California Dept. of Public Health](#).



Listen, read, and watch the media in small doses to give your body and mind a break.

Draw on the coping skills you have used in the past to help you manage your emotions during this challenging time.



I GOT
MY COVID-19
VACCINE!



Not Sure About Getting the COVID-19 Vaccine?

All enrolled Veterans are eligible to receive a COVID-19 vaccine!

At VA Long Beach, we are vaccinating with confidence.

- ✓ **All approved COVID-19 vaccines are safe and effective.**
- ✓ Over **673 million doses** of COVID-19 vaccines were given from December 2020 to March 2023 under the **most intense safety monitoring in US history.**
- ✓ **Mild side effects** like arm soreness, chills, or tiredness **are normal** and go away in a few days. They are a sign that your body is building protection against COVID-19.

Not ready to get vaccinated yet?

We understand. Our door is always open!

When you are ready, call the COVID-19 Scheduling Hotline at **562-826-5151**, Monday-Friday 7:30 AM – 7:00 PM.

Have questions or concerns about the COVID-19 vaccine?

Ask your healthcare provider(s) about any questions or concerns that you may have about the vaccine.

Want to do your own research?

Check out www.cdc.gov and www.va.gov/health-care/covid-19-vaccine/ for more information about vaccine benefits and what to expect.

Need to move your vaccine appointment?

To cancel or reschedule your COVID-19 vaccine appointment, please call **562-826-5151**.



Get Recommended Screening Tests and Immunizations

Important Phone Numbers



<https://www.veteranscrisisline.net/>



<https://www.va.gov/homeless/>

877-252-4866 Nurse Advice Hotline (Available **24/7**)

562-826-8000 or 888-769-8687 Tibor Rubin VA Medical Center
Press **0** for operator

Ext. 1-2304 Urgent Mental Health Clinic
Location: Bldg. 2, Room N159
Walk-in 7:00 AM - 5:00 PM Monday- Friday

Ext. 1-5151 Primary Care (appointments)

Ext. 1-5503 Pharmacy

714-434-4600 Santa Ana Community Based Outpatient Clinic (CBOC)

714-223-6000 Placentia CBOC

562-347-2200 Santa Fe Springs CBOC

949-587-3700 Laguna Hills CBOC

562-826-8414 Villages at Cabrillo CBOC

310-851-4705 Gardena CBOC

1-800-MyVA411 (800-698-2411) is the one number to reach VA

1-800-827-1000 Benefits Questions, such as GI Bill, Claim Status or Disability Benefits



Visit <https://www.ebenefits.va.gov/>
